

# Cooking for Kids

## Recipe Sizing Report

Page 1

May 9, 2022

000483 - Firecracker Zucchini CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 Size of Portion: 1/2 CUP	Meat/Alt: Grains: Fruit: Vegetable: 0.5 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
902935 Zucchini, Raw.....	5 1/2 medium	1. Cut zucchini into sticks and stir fry in wok or sauté pan at high heat. Cook with oil and sambal until tender. Hold for service at 140° F.
050385 OIL, VEGETABLE.....	1 tsp	
004058 OIL,SESAME,SALAD OR COOKING...	1 tsp	
902936 Sambal Oelek Chili Sauce.....	1 1/2 Tbsp	

\*Nutrients are based upon 1 Portion Size (1/2 CUP)

Calories	11 kcal	Cholesterol	*0* mg	Sugars	*1.2* g	Calcium	7.61 mg	43.93%	Calories from Total Fat
Total Fat	0.51 g	Sodium	13 mg	Protein	0.53 g	Iron	0.14 mg	*7.68%*	Calories from Saturated Fat
Saturated Fat	*0.09* g	Carbohydrates	1.55 g	Vitamin A	195.3 IU	Water <sup>1</sup>	*0.00* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	0.42 g	Vitamin C	8.3 mg	Ash <sup>1</sup>	*0.00* g	58.79%	Calories from Carbohydrates
								20.30%	Calories from Protein

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.